

BS in Lifestyle Medicine
 Department of Wellness & Movement Sciences
 Eastern Washington University
 AY24-25

Students with career goals in Public Health, Health Care, and Wellness should consider pursuing the BS in Lifestyle Medicine.

The BS in Lifestyle Medicine allows students to pursue a degree path that looks holistically at health and well-being. Lifestyle medicine is founded upon six pillars of health – a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connections. These pillars are the foundation of the Lifestyle Medicine degree.

Current research indicates that lifestyle medicine is a growing field, particularly related to the health care of individuals with chronic diseases. Research has shown that up to 80% of chronic diseases can be prevented through adherence to four key healthy lifestyle factors – never smoking, maintaining a healthy weight, adhering to a healthy diet, and participating in physical activity. The BS in Lifestyle Medicine a holistic approach to healthcare that prepares students for the future trajectory of health care in the U.S.

CORE COURSES [55 credits]		
Course	Cr	Prerequisite(s)
ADST 300 Survey of Alcohol/Drug Problems	4	
ADST 308 Cultural Issues in Addiction Treatment & Behavioral Health	4	ENGL 101 *Meets diversity requirements*
ANTR 342 Medical Anthropology	5	
LMED 201 Introduction to Lifestyle Medicine	2	Taught Spring 2024 and Fall starting AY24-25
LMED 350 Exercise Testing and Prescription	4	Sophomore Standing
LMED 388 Practicum: Lifestyle Medicine	3	LMED 201
LMED 390 Principles of Program Design	3	LMED 350
LMED 401 Applied Lifestyle Medicine	3	LMED 201 Taught Winter 2025
LMED 411 Physical Activity, Mental Health & Cognition	3	
LMED 420 Principles of Program Design in Special Pop	4	LMED 201 and LMED 390
LMED 440 Exercise Counseling & Behavior Change	3	LMED 390
PHED 256 Medical Terminology	2	
PHED 372 Applied Nutrition & Physical Fitness	3	
PSYC 231 Science of Stress & Coping	3	
PSYC 440 Happiness & Positive Psychology	5	Junior Standing
RCLS 333 Facilitation & Group Dynamics	4	

SUPPORTING COURSES [15 credits]		
BIOL 232 Human Anatomy & Physiology	5	
BIOL 233 Human Anatomy & Physiology	5	BIOL 232
BIOL 234 Human Anatomy & Physiology	5	BIOL 233
ELECTIVE COURSES [8-15 credits]		
Tier A: Professional Practice - Choose at least one class from the following: [3-6 credits]		
EXSC 455 Research & Analysis	3	CSBS 320 or MATH 380
HLED 294 Mental Health First Aid	1	
HLED 374 Introduction to Epidemiology	3	
RCLS 220 Leadership Development	3	RCLS 380 can substitute for this class if Pre-Clinical
TCOM 407 Proposal Writing	5	
Tier B: Holistic Well-being - Choose at least one class from the following: [3-5 credits]		
ADST 310 Globally Speaking: What about Drugs?	4	ENGL 101 *Meets global studies requirement
ADST 412 Physiology & Pharmacology of Addictions	4	ENGL 201
BIOL 343 Biology of Aging	3	
PSYC 315 Psychology of Human Relations	5	ENGL 201
PSYC 317 Health Psychology	5	
Tier C: Healthy Lifestyles - Choose at least one class from the following: [2-5 credits]		
ANTR 340 Anthropology of Food & Nutrition	5	Sophomore Standing
EXSC 380 Nutrition in Sport & Exercise	3	PHED 372 or instructor permission
PLAN 451 Walkable Communities	2	
RCLS 206 Outdoor Living Skills	4	
CONCENTRATION OPTIONS [9-20 credits]		
Concentration A: Practitioner [9 credits]		
CMST 337 Foundations of Social Media	3	Junior Standing
RCLS 270 Diversity, Equity, and Inclusion	2	RCLS 201 or permission of instructor
RCLS 380 Experiential Learning & Leadership	4	Can substitute for RCLS 220 for Pre-Clinical

Concentration B: Pre-Clinical [20 credits]		
BIOL235 Elementary Medical Microbiology	5	Completion or concurrent enrollment in CHEM 163
CHEM 161 General Chemistry for the Health Sciences and General Chemistry Laboratory for the Health Sciences	5	Concurrent enrollment in or completion of MTHD 104 or math placement score
CHEM 162 Organic Chemistry for the Health Sciences and Organic Chemistry Laboratory for the Health Science	5	≥C- in CHEM 161
CHEM 163 Biochemistry for the Health Sciences and Biochemistry Laboratory for the Health Sciences	5	≥C- in CHEM 162
Required Senior Capstone [4 credits]		
LMED 490 Lifestyle Medicine Senior Capstone	4	LMED 401 Taught Spring 2025

Total Credits: Practitioner Concentration—91-98
Pre-Clinical Concentration—102-109

Program Learning Outcomes:

Students with a BS in Lifestyle Medicine should be able to:

1. Examine core principles of lifestyle medicine
2. Explain relationships between pillars of lifestyle medicine and chronic diseases
3. Design lifestyle medicine-based interventions to reduce disease burden
4. Assess measurable health-related behaviors of lifestyle medicine
5. Apply behavior change strategies to facilitate improvements in health
6. Evaluate strategies to promote lifestyle medicine in community health care